



National Nutrient Database for Standard Reference
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Statistics Report 09257, Pears, canned, heavy syrup pack, solids and liquids

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Nutrient values and weights are for edible portion.

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Proximates													
Water	g	80.35	207	0.059	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1982
Energy	kcal	74	--	--	--	--	--	--	--	--	Calculated or imputed	--	08/1982
Energy	kJ	310	--	--	--	--	--	--	--	--	Calculated or imputed	--	11/2006
Protein	g	0.20	143	0.002	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1982
Total lipid (fat)	g	0.13	90	0.009	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1982
Ash	g	0.15	102	0.004	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1982
Carbohydrate, by difference	g	19.17	--	--	--	--	--	--	--	--	Calculated or imputed	--	08/1982
Fiber, total dietary	g	1.6	--	--	--	--	--	--	--	--	Calculated or imputed	--	02/1995
Sugars, total ¹	g	15.20	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	11/2006
Sucrose ¹	g	1.40	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	01/2003

Nutrient	Unit	Value Per 100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Glucose (dextrose) ¹	g	6.10	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	01/2003
Fructose ¹	g	5.90	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	01/2003
Maltose ¹	g	1.90	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	01/2003
Minerals													
Calcium, Ca	mg	5	100	0.095	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1982
Iron, Fe	mg	0.22	105	0.008	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1982
Magnesium, Mg	mg	4	84	0.059	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1982
Phosphorus, P	mg	7	102	0.096	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1982
Potassium, K	mg	65	63	2.119	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1982
Sodium, Na	mg	5	83	0.169	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1982
Zinc, Zn	mg	0.08	56	0.008	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1982

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Copper, Cu	mg	0.049	56	0.002	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1982
Manganese, Mn	mg	0.032	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1982
Selenium, Se	µg	0.0	--	--	--	--	--	--	--	--	Calculated or imputed	09252	01/2003
Fluoride, F <small>2 3 4</small>	µg	7.5	20	1.295	1.5	11	6.0	4.338	10.677	3	Analytical or derived from analytical	--	05/2006
Vitamins													
Vitamin C, total ascorbic acid	mg	1.1	181	0.049	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1982
Thiamin	mg	0.010	97	0.000	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1982
Riboflavin	mg	0.022	109	0.001	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1982
Niacin	mg	0.242	90	0.013	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1982
Pantothenic acid	mg	0.022	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1982
Vitamin B-6	mg	0.014	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1982

Nutrient	Unit	Value Per 100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Folate, total	µg	1	3	0.273	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1982
Folic acid	µg	0	--	--	--	--	--	--	--	--	Assumed zero	--	01/2001
Folate, food	µg	1	3	0.273	--	--	--	--	--	--	Analytical or derived from analytical	--	11/2006
Folate, DFE	µg	1	--	--	--	--	--	--	--	--	Calculated or imputed	--	11/2006
Choline, total ⁵	mg	1.9	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	11/2006
Betaine ⁵	mg	0.3	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	11/2006
Vitamin B-12	µg	0.00	--	--	--	--	--	--	--	--	Assumed zero	--	08/1982
Vitamin B-12, added	µg	0.00	--	--	--	--	--	--	--	--	Assumed zero	--	09/2004
Vitamin A, RAE	µg	0	26	0.000	--	--	--	--	--	--	Analytical or derived from analytical	--	11/2006
Retinol	µg	0	--	--	--	--	--	--	--	--	Assumed zero	--	06/2002
Carotene, beta	µg	0	--	--	--	--	--	--	--	--	Assumed zero	--	01/2003
Carotene, alpha	µg	0	--	--	--	--	--	--	--	--	Assumed zero	--	01/2003
Cryptoxanthin, beta	µg	0	--	--	--	--	--	--	--	--	Assumed zero	--	01/2003
Vitamin A, IU	IU	0	26	0.000	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1982

Nutrient	Unit	Value Per 100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Lycopene	µg	0	--	--	--	--	--	--	--	--	Calculated or imputed	09252	01/2003
Lutein + zeaxanthin	µg	34	--	--	--	--	--	--	--	--	Calculated or imputed	09252	01/2003
Vitamin E (alpha-tocopherol)	mg	0.08	--	--	--	--	--	--	--	--	Calculated or imputed	09252	01/2003
Vitamin E, added	mg	0.00	--	--	--	--	--	--	--	--	Assumed zero	--	09/2004
Vitamin D (D2 + D3)	µg	0.0	--	--	--	--	--	--	--	--	Assumed zero	--	11/2008
Vitamin D	IU	0	--	--	--	--	--	--	--	--	Assumed zero	--	02/2009
Vitamin K (phylloquinone) ^{6,7}	µg	0.3	2	--	0.2	0.5	1.0	--	--	2	Analytical or derived from analytical	--	01/2003
Lipids													
Fatty acids, total saturated	g	0.007	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1982
4:0	g	0.000	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	02/1995
6:0	g	0.000	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	02/1995
8:0	g	0.000	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	02/1995
10:0	g	0.000	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	02/1995
12:0	g	0.000	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	02/1995

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
14:0	g	0.000	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	02/1995
16:0	g	0.006	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1982
18:0	g	0.001	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1982
Fatty acids, total monounsaturated	g	0.027	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1982
16:1 undifferentiated	g	0.001	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1982
18:1 undifferentiated	g	0.026	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1982
20:1	g	0.000	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	02/1995
22:1 undifferentiated	g	0.000	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	02/1995
Fatty acids, total polyunsaturated	g	0.030	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1982
18:2 undifferentiated	g	0.030	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1982

Nutrient	Unit	Value Per 100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
18:3 undifferentiated	g	0.000	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	02/1995
18:4	g	0.000	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	02/1995
20:4 undifferentiated	g	0.000	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	02/1995
20:5 n-3 (EPA)	g	0.000	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	02/1995
22:5 n-3 (DPA)	g	0.000	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	02/1995
22:6 n-3 (DHA)	g	0.000	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	02/1995
Fatty acids, total trans	g	0.000	--	--	--	--	--	--	--	--	Assumed zero	--	06/2015
Cholesterol	mg	0	--	--	--	--	--	--	--	--	Assumed zero	--	08/1982
Amino Acids													
Threonine	g	0.005	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1982
Isoleucine	g	0.006	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1982
Leucine	g	0.010	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1982

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Lysine	g	0.007	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1982
Methionine	g	0.002	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1982
Cystine	g	0.002	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1982
Phenylalanine	g	0.005	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1982
Tyrosine	g	0.002	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1982
Valine	g	0.007	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1982
Arginine	g	0.003	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1982
Histidine	g	0.002	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1982
Alanine	g	0.007	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1982
Aspartic acid	g	0.039	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1982

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Glutamic acid	g	0.014	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1982
Glycine	g	0.006	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1982
Proline	g	0.005	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1982
Serine	g	0.007	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1982
Other													
Alcohol, ethyl	g	0.0	--	--	--	--	--	--	--	--	Assumed zero	--	04/1985
Caffeine	mg	0	--	--	--	--	--	--	--	--	Assumed zero	--	01/2003
Theobromine	mg	0	--	--	--	--	--	--	--	--	Assumed zero	--	01/2003

Sources of Data

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